The proposed restricted area is located along a heavily used route extending from the Los Angeles area to San Diego. The altitude restriction to 11,000 feet would seriously impact both IFR and VFR traffic who normally travel between 2,000 and 7,000 MSL along V23 and via the shoreline. Due to the frequent marine layer weather pattern along our coast, the proposed restricted area would require aircraft to "scud run" far off shore to avoid the area and still maintain VFR. I feel this poses an unnecessary safety risk. The loss of V23 would substantially increase ATC delays as IFR traffic would now have to be vectored away from this area and then back on the airway, increasing controller workload. As a controller and a pilot, I am against this proposed change.